

## Who Should Be Vaccinated?

*Persons that are at highest risk for serious or life-threatening illness from the flu:*

- *Children aged 6-23 months*
- *Adults aged 65 years & older*
- *Persons aged 2-64 years with a chronic medical condition*
- *Pregnant women*
- *Nursing home residents*
- *Children 6 months-18 years on chronic aspirin therapy*
- *Health care workers*
- *Caregivers and household contacts of infants less than 6 months old*

*If you are identified to be at high risk, please contact your Health Care Provider to see if the vaccine is available*



## Vaccination is Not the Only Way to Help Prevent the Flu!

**Due to unfortunate circumstances, most of Tehama County's Health-Care Providers and Public Health did not receive any flu vaccine.**

**It is important for all of us to work together to protect ourselves and our loved ones during this flu season.**

**Tehama County Health Services Agency  
Public Health Division**

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**Public Health  
Division**

## What You Can Do To Prevent The Flu

**The 2004 Flu Vaccine Shortage**



**Tehama County  
Health Services Agency  
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## Is it a Cold or the Flu?

### Flu Symptoms:

**Fever** — usually 102°F or higher and lasts for 3-4 days

**Headache** — sudden onset and severe

**Muscle aches** — common and severe

**Tiredness/weakness** — can last for 2 weeks

**Exhaustion** — sudden onset and severe

**Runny nose** — sometimes

**Sneezing** — sometimes

**Sore throat** — sometimes

**Cough** — usually, and can be severe

### Cold Symptoms:

**Fever** — rare in adults and older children, common in infants and small children

**Headache** — rare

**Muscle aches** — mild

**Tiredness/weakness** — mild

**Exhaustion** — never

**Runny nose** — often

**Sneezing** — often

**Sore throat** — often

**Cough** — mild, hacking cough

## PREVENTION

**Avoid close contact**—with people who are sick

**Stay home when you are sick**—to help prevent others from catching your illness

**Cover your mouth and nose**—with a tissue when sneezing or coughing

**Avoid touching your eyes, nose & mouth**—to prevent infection

### **Wash your hands thoroughly**

- Use soap & running water or an alcohol-based hand sanitizer
- Rub hands vigorously
- Wash all surfaces
- Rinse well
- Dry hands with a paper towel
- At work, or in public, use a paper towel to turn off faucets

**Get plenty of rest**

**Participate in daily exercise**

**Eat a well-balanced diet**

**Reduce stress**

**Decrease alcohol beverages**

**Avoid or decrease tobacco use**

## Flu Medications

There are four Antiviral medications approved for the treatment of the flu.

All of these drugs must be prescribed by a doctor and taken for 5 days.

They must be taken within 2 days of being sick to be effective in reducing the symptoms and duration of the flu. They also can make you less contagious to others.

Antiviral drugs are effective only against influenza viruses; they will not help with the common cold or other viruses.

None of these antivirals are approved for use in children less than 1 year old.

People at high risk for complications from the flu include:

- People 65 years of age and older
- Children 6-23 months of age
- People with a chronic disease
- Pregnant women

\*It's important to remember that most healthy people recover from the flu without complications.



**Tehama County  
Health Services Agency**